

Just for Kids Programs and Classes

N2iT Karate- Try out this unique Martial Arts program. Concentration, discipline, confidence, self-control, respect, and much more will be taught during this class.	N2iT Youth Organization	Ages 4+	Monday 5:45-6:30 (ages 4-8) 6:30-7:15 (ages 9+) 7:15-8:00 All yellow belts	\$7/class
N2iT Cheer- Come be a part of this one of a kind cheerleading experience. We combine cheer and pom dance into one curriculum. Our techniques include motion drills, jump stations, stunting. Students will learn cheers, chants, and dance routines.	N2iT Youth Organization	Ages 4+	Wednesday 5:45-6:30 (ages 4-6) 6:30-7:15 (ages 7-9) 7:15-8:00 (ages 10+)	\$7/class
Glitter Dollz- Creative Movement, Beginning Tap, Ballet and Acro Hoop Hop. An exciting dance class for the budding ballerina! Many dance styles taught within age appropriate dances and drills. Acting through movements, tap, and basic ballet along with our original Acro Hoop Hop using hula hoops for balance in FUN Acro Hoop Hop routines! Weekly dance/art coloring with “Miss TuTu”! Seasonal dance parties and June recital. Parents are welcome and invited to dance along in weekly classes if desired. Pre-registration required. (Classes start August 8th)	Dancer’s Dream Performing Arts Academy	Ages 3-5	Monday 5:00-5:45pm	\$40/month
Glamour Girlz- Tap, Ballet, and Hip Hop. An energetic dance class with FUN age appropriate lessons & routines within each dance style all rolled up into one class! Teaches basic tap & ballet technique along with awesome Hip Hop dances and drills! Improves coordination, grace, and self-confidence! Seasonal dance parties and June stage production recital! Pre-registration required. (Classes start August 8th)	Dancer’s Dream Performing Arts Academy	Ages 6-10	Monday 5:45-6:30pm	\$40/month
Angel Steps- Great class for ALL AGES! Inspirational & Uplifting! Praise through dance.. NO prior dance required. Take for the enjoyment and exercise or join to share your love for the Devine at community events! Wonderful form of spiritual exercise. Great, Cheap “Add On”class!! Pre-registration required. (Classes start August 8th)	Dancer’s Dream Performing Arts Academy	All Ages	Monday 6:30-7:00pm	\$35/month
Hip Hop- FUN, high energy, dance class, learning Hip Hop combinations and routines! Hip Hop is a great class that can be taken for weight loss, and building coordination. Popular class for teens who love to dance! Take weekly for fun or participate in the June recital or community events! Pre-registration required. (Classes start August 8th)	Dancer’s Dream Performing Arts Academy	Ages 8+	Monday 7:00-7:30pm	\$35/month
Gypsy Heart Fusion Belly Dance- Graceful fusion belly dance using coined hip skirts! FUN props are used including veils, candles and finger cymbals. This class will teach the basic belly dance movements incorporating ballet, within this enchanting dance style. This class is appropriate for all ages, and is a beautiful class for gaining, grace and poise through self-expression. Take for exercise or perform with the Gypsy Heart Dancers. Pre-registration required. This class will NOT be held during the month of July.(Classes start August 8th)	Dancer’s Dream Performing Arts Academy	All Ages	Monday 7:30-8:00pm	\$35/month
Open Gym- Enjoy a game of pick-up basketball or just come shoot around at the Memorial Park Community Center gymnasium. Court 1 will be used for shoot around basketball, and Court 2 will be used for open run. Children 12 and under must be accompanied by an adult. Times are subject to change due to programs and events. Subject to availability. Please call to confirm schedule.	Staff	All ages	Monday-Friday 3:00-5:00pm Saturday 1:00-5:00pm	Free

www.johnsoncitytn.org/mpcc

Hours of Operation: Monday-Friday 7AM-9PM and Saturday 9AM-5PM; Closed on Sundays

Phone: 423.434.5749

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Baton Twirling- Learn basics like finger twirling, hand twirling, and baton throwing in the beginner class; advanced class will learn routines and have the chance to perform at local event/venues. Fall session begins Oct 6th. Participants must pre-register by Oct 20th in order to participate in fall session. Batons must be purchased in advance by participant.	Amanda Carr	Ages 4-16	Thursday 5:30-6:30pm Beginner 6:30-7:30pm Advanced (Ages 7-16)	\$8/class
Mommy & Me Yoga- Enjoy learning new yoga poses and stretches while enjoying spending time with your little one(s) and getting a work out. Class begins Nov 3rd.	Judy Jackson	Ages 18mo-3yrs	Thursday 9:45am-10:15am	\$5/class
Open Art- Create your own art piece to be shown in a gallery. All materials provided. Class begins Oct. 12	Staff	Ages 12-16	Wednesday Oct. 12-Nov. 19 4:00-5:00 pm	Free; materials provided
Start Smart Basketball- Participants learn the basic fundamentals and skills for the game of basketball including dribbling, passing and shooting. A parent/guardian is required to participate with each child. Class begins Nov 3rd.	Staff	Ages 3-5	Thursday November 3-Dec 8 5:30-6:30 pm	\$25 city residents \$35 non-city residents

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